



Helping People Help Themselves

SPARE CHANGE

NEWS

December 17 - December 30, 2010

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Spare Change News

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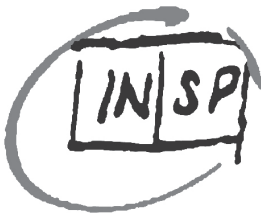
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Vision & Mission

Spare Change News was founded in 1992 by a group of homeless people and a member of Boston Jobs with Peace. Spare Change is published by the nonprofit organization The Homeless Empowerment Project (HEP).

SPARE CHANGE'S GOAL:
"To present, by our own example, that homeless and economically disadvantaged people, with the proper resources, empowerment, opportunity, and encouragement are capable of creating change for ourselves in society."

HEP'S OBJECTIVES:
To empower the economically disadvantaged in Greater Boston through self-employment, skill development and self-expression. To create forums, including those of independent media in order to reshape public perception of poverty and homelessness.

Prince William:
"Street newspapers inspire me"

He slept rough on the streets of London to experience first-hand what it is like to be homeless. And now for the first time since his engagement announcement last month he speaks up to support street papers worldwide in this exclusive story for SNS
The exclusive article below is written by His Royal Highness Prince William of Wales for the Street News Service (SNS). SNS is the news agency of the International Network of Street Papers, which supports 115 street papers in 40 countries. The titles help homeless people around the world to earn a living.

Prince William of Wales
Street News Service

The economic downturn has had a devastating effect on the numbers of homeless rough sleepers in our communities. In London alone, rough sleeping has risen by almost a quarter in just two years, and that figure does not even include those who have been forced out of their homes into temporary accommodation or overcrowded housing.
There are many reasons why people can find themselves homeless: family breakdown, unemployment, drug or alcohol abuse, or falling on desperately hard times, often through no fault of their own. But the effect of homelessness is the same for everyone: a crushing sense of hopelessness and despair. The emotional consequences for the individual can be utterly devastating — sometimes more so than the stark fact of being homeless.
Charities, churches, governments and other bodies can all help with the basics — a roof under which to shelter from the elements, heating and security - but without hope, an individual cannot rebuild a life. And for there to be people with no hope living right alongside us is surely a blight on our societies.



PHOTO / REUTERS

That is why the work of the restorers of hope - street newspapers, my own charity Centrepoin and other organisations and individuals who care — so inspire me. They give homeless people the tools with which to rebuild their confidence and, ultimately, their lives.
I have met many homeless young people who are now filled with a passion and desire to achieve in life, simply because they were given a little support at the right time to get back on their feet. These are people of extraordinary courage. There can be a perception that they have given up and lack courage. Let me tell you, they have not and they do not. I count myself enormously privileged to be associated with such individuals. I salute all the organisations that are there for them."
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PHOTO / REUTERS SUZANNE PLUNKETT

Greater Boston Food Bank to Hold 20th Annual Super Hunger Brunch Event This January

Robert Sondak
Spare Change News

A Boston-based nonprofit organization that distributes 34 million of pounds of food annually is sponsoring a two day hunger brunch at 28 greater Boston area restaurants this January 29th and 30th to raise operating funds and awareness about hunger in Eastern Massachusetts.

The 2011 Super Hunger Brunch is a culinary and public fundraising event that allows the consumer public to dine on a special wintry brunch prepared by 28 greater Boston area chefs. According to the Greater Boston Food bank website, the price range for this January brunch starts at \$25 and goes up to \$35 and \$55 per person. The prices vary depending on the type of restaurant that you go to and the lunch menu available that day.

According to the Greater Boston Food Bank’s website, The Greater Boston Food Bank is a non-profit food distribution organization that serves 545,000 Eastern Massachusetts families through a network of 560 hunger-relief organizations. These agencies send their staff to work at the food bank monthly to shop for food and groceries at below cost. These agencies then take the food back and redistribute it in-house to their member facing food insecurity.

The Greater Boston Food Bank has operated at three faculties since they opened their doors at 71 Amory Street in the Jamaica Plain in 1981. Three years later in they moved to a new larger space at 99 Atkinson Street.

In 2009, they moved to a new food distribution center in Boston. According to a press release by the Greater Boston Foods Bank, The 117,000 square foot food distribution center, named after Tom Yawkey the founding owner of the Boston Red Sox, was built with the goal of eventually allowing the food bank to distribute up 50 million pounds of foods annually.

According to Heather Robb, Marketing Manager for the Greater Boston Food Bank, the Super Hunger Brunch is one of the crown jewels of the organizations fundraising efforts. This event raises general operating funds for the organization. It also helps to raise awareness within the general public

with the food bank’s mission and work, and build partnerships within the food service industry.

“Hundreds of people take advantage of the generosity and the creativity of the greater Boston area restaurants each year,” said Robb.

Robb explained that all of the funds raised during the 2011 Super Hunger Brunch Program go towards supporting the Greater Boston Food Bank and its efforts to fight hunger.

“The Super Hunger Brunch is celebrating its 20th anniversary this year,” said Robb. “One-Hundred percent of the funds go directly to the Greater Boston Food Bank.”

The menu for the 2011 Super Hunger Brunch may include a main course featuring seafood, pork, beef and chicken. The participating restaurants offer a second course consisting of a soup, egg or cheese dish along with a traditional side dishes of bread, salad and non alcoholic beverages. Each restaurant offers homemade desserts that may include ice cream, sorbet, fresh fruit and Greek yogurt, cookies and brownies. This special lunch allows the Massachusetts consumer public to fight hunger while dining on tasty food and experience the creativity of local chefs.

Ross noted that 25 top rated restaurants participate in this fundraising program; many of which have continued to participate in the event over the 20 past years.

“The restaurants donate their time, food, and service,” said Robb. “The staff also volunteers their services.”

Ross also stated that the majority of the restaurants are located in the tri-city area of Boston, Cambridge and Brookline. Many of these restaurants are well known within their respective communities.

“We work in Boston with Stella, Bin 26, Sel del la Terre, Hamersley’s Bistro, Mantra, City Table and in Brookline with The Fireplace and La Morra,” said Robb. “We also work with Craigie on Main, Garden at the Cellar, Bambara, and Rialto of Cambridge.

The consumer public can participate in the Super Hunger Brunch in one of two ways. Gift certificates can be purchased directly from the food bank at its web site, or by phone.

These gift certificates can be used by



anyone within the specified time-frame. You can also call anyone of the 25 participating greater Boston area restaurants in order to make a reservation for yourself, family and business associates.

For more information about the Super Hunger Brunch, go to www.gbfb.org

Robert Sondak is a Spare Change News vendor and writer. Robert has a Bachelors Degree at the University of Massachusetts Boston, (CPCS). Previously Robert worked at Massachusetts General Hospital and the New England Medical Center.

Conference for Women Celebrates Progress, Calls for Action

Caroline Fenton
Spare Change News

American universities and office parks look a lot different than they did 50 years ago. The efforts to recruit women into higher education have paid off so much that the majority of college students are now female. With men taking on greater childcare responsibilities, and technology increasing women's options for balancing a family and a career, is gender inequality a thing of the past?

The 6th annual Massachusetts Conference for Women, held at the Boston Convention and Exhibition Center on December 9th, answered this question by recognizing past victories and highlighting the work still to be done. According to the conference web site, it had the goal of providing "connection, motivation, networking, inspiration and skill building for thousands of women," and hosted speakers with diverse areas of expertise. The consensus at the conference seemed to be that while women are finding fewer barriers to success, many continue to face hardships based on race, socioeconomic status, and gender. The issues of domestic violence and healthcare are just two examples of how women's activism and innovation has defined the feminist movement in the 21st century.

Domestic Violence

The issue of domestic violence is still of critical importance to promoting women's basic rights. "Abuse comes in all different packages. It can be emotional, physical, psychological... and this happens to one in three women in their lifetime," said Johanna Crawford, executive director at Web of Benefit, an organization that assists survivors of domestic violence. "That is staggering. And it happens equally across all cultures and across all socioeconomic demographics."

Web of Benefit provides grants of up to 650 dollars to women who have been away from their abusers for at least 6 months. Survivors of domestic violence may apply for a grant to cover the unforeseen costs of starting a new life: fees for lost legal documents, a laptop for college, or an emergency rent payment. In return, they must "pay it forward" by performing three acts to help other women, such as offering to babysit or edit a resume.

Crawford believes strongly in the power that women have to help other women. "My definition of empowerment is the ability to help someone else," she explained. "I ask women to define their dreams and the steps and goals needed to get there. So often, one of those dreams is to help others, because they once felt so alone."

When she founded Web of Benefit, Crawford intentionally raised only private funds so that grants could be given at a moment's notice if needed. "No other organization in Boston can do that," said Crawford. While other publicly-funded organizations can provide a survivor of abuse with shelter, healthcare and basic necessities, Web of Benefit can help her take the



next step toward building a future.

For her efforts with Web of Benefit, Crawford was awarded the Be the Change Award at this year's Mass Conference for Women. The award is given each year to a Massachusetts woman who "personifies compassion for her community and commitment to improving the everyday lives of those around her." Award recipients receive an all-inclusive one-week stay for two at Canyon Ranch in Tucson, Arizona or Lenox, Massachusetts.

Healthcare

Advocating for women's rights today means demanding quality healthcare for all women. For Christy Turlington Burns and Dr. Auma Obama, two guest speakers at the Mass Conference for Women, this means advocating for better health practices in developing countries.

Burns, a former supermodel, explained that she was inspired to create a documentary about maternal health after experiencing complications during her pregnancy. Though she recovered, she learned that women in developing countries commonly die during childbirth due to a lack of medical resources. "Almost all of these deaths are preventable," said Burns, "almost 90 percent. And we're not even talking about doctors or nurses. [Maternal deaths can be prevented] by providing caregivers, who act in a culturally appropriate manner, with basic medications and a plan for what to do when complications arise."

Burns, like Dr. Obama, worked for an organization

called CARE that provides HIV education and prevention. She explained that women in sub-Saharan Africa are twice as likely as men to contract HIV. "However, when given the access to testing and prevention strategies, women take charge to protect themselves and their partners; they take charge to prevent their children from contracting the illness. If we invest in girls and women, we are really making a difference," said Burns.

Dr. Obama invests in girls by coordinating activities for CARE's Sports for Social Change Initiative. "The reason we do sports is because we work with children, and children need to play. And in the cultures we work with, the boy is often valued more than the girl." Through the initiative, girls are empowered and educated about their health while participating in sports programs. "This is not about saying women are better than men," explained Obama. "It's because if you value a woman, if you value a girl and help her to grow, you will be helping yourself and you will help men and boys."

For more information about the 2010 Massachusetts Conference for Women,

visit <http://www.maconferenceforwomen.org/>.

To learn more about the CARE organization, visit www.care.org.

If you wish to make a donation to Web of Benefit, to apply for a Self-Sufficiency Grant, or to learn more information about services for survivors of domestic violence,

visit: www.webofbenefit.org,

email info@webofbenefit.org or call 617-285-1900.

The New England Center for Homeless Veterans: Aiding America’s Troubled Heroes

Liam Cunningham
Spare Change News

The New England Center for Homeless Veterans is one of Boston’s largest organizations working to combat the widespread issue of homelessness, specifically amongst New England’s large population of homeless, struggling veterans.

Officially founded in 1990, the NECHV mission statement reads: “The Mission of the New England Center for Homeless Veterans is to extend a helping hand to homeless men and women veterans who are addressing the challenges of: addiction trauma, severe and persistent mental illness, and/or, unemployment, and who will commit themselves to sobriety, non-violence, and working for personal change. We are recognized as one of the most effective private veteran’s transition programs in the country.”

NECHV is home to a variety of programs to help improve the quality of life for struggling veterans. Homelessness is a severe and widespread problem amongst the veteran population of the United States. According to the National Coalition for Homeless Veterans Fact Sheet, 26 % of the country’s homeless population are veterans, and 33 % of the male homeless population are veterans. In 2005, the VA Northeast Program Evaluation reported that male veterans are 1.3 times more likely to become homeless than non-veteran males; and female veterans and 3.6 times more likely. The Department of Veteran affairs estimate that nearly 196,000 veterans are homeless on any given night, and approximately 400,000 veterans experience homelessness each year. To make matters worse, 70% of homeless veterans struggle with substance abuse problems, and 45 % suffer from some form of mental illness.

NECHV is the leading organization in the region designed to rehabilitate and assist homeless veterans. These staggering statistics obviously give rise to the question of why so many veterans struggle to find homes and healthy lifestyles once they return from war,

especially in the Boston area. Stephen Cuniff, Director of Community Affairs at NECHV, feels that it is a complicated, multi-dimensional issue.

“It’s pretty complex. Mainly, it is a shortage of affordable housing in Boston, high unemployment rates, and a high rate of disabled veterans. All of this compounded with serious issues of mental illness and substance abuse,” said Cuniff.

The New England Center for Homeless Veterans is an organization that seeks to reverse this alarming trend through a set of comprehensive programs for veterans. The first main program they offer is the Veteran’s Training School, which works to get veteran’s trained for employment quickly.

“One of our biggest programs is the Veteran’s Training school that helps veterans directly address their economic problems. The school offers free tuition and is a vocational track that ideally leads directly into employment,” said Cuniff. “The school offers security officer training, a culinary arts program, a commercial driver’s license course, and a number of computer courses. We have unemployment and housing specialists that work with our veterans and help them find new jobs and housing.”

According to the Boston VA’s Health Care for Homeless Program, 61 % of homeless veterans are diagnosed with a serious psychiatric disorder, 70 % are substance abusers, and 48% are dually diagnosed. The NECHV has developed a careful, multi-pronged approach to combating these problems, beginning with “Project Access,” which is NECHV’s intensive mental health counseling program that has been offered since 1988. According to NECHV’s website: “ the Project Access staff three licensed mental health clinicians, a licensed social worker, and a psychiatric clinical nurse specialist provide specialized assessment, case management, psychotherapeutic, referral and follow-up services to mentally ill and dually-diagnosed (substance abuse and mental illness) clients who reside at the Center.”

Project Access has proven to be

extremely successful in helping to address veteran’s main problems and get them back on their feet in society. According to their website, last year, the Project Access staff provided 205 special-needs clients with a variety of therapeutic and support services. Of these 205 clients, 53 % obtained permanent housing and 46 % increased their overall income and benefits in the time following their treatment at NECHV.

As Stephen Cuniff explains, from the moment a struggling veteran walks in the doors at NECHV, the staff on hand immediately works to develop a structured plan to get them back into society as a functioning, successful person.

“From day 1, every client receives a case manager, who works with that veteran to develop an exit strategy. That means determining what is necessary to get this person from homelessness to independent living,” said Cuniff. He went on to explain how the majority of the time, substance abuse is the factor landing veteran’s on the streets.

“We start by figuring out what led the veteran to where they are. Often the answer is a combination of substance

abuse and mental illness stemming from their military service. It’s not uncommon for veterans to self-medicate, which leads to addiction. Often these leads to rock bottom, which is when many veterans come to us.”

Once a veteran is evaluated and determined to have serious substance abuse problems, they enter a 180-day post-detox holding Program, where they work directly with intervention specialist. Veterans struggling with both substance abuse and mental illness (problems commonly combined) spend time in the Dual-Diagnosis Counseling center, where medical professionals work directly to address their difficult psychological struggles. Mr. Cuniff also explained how another Boston organization aimed at aiding the homeless assists NECHV in caring for their unhealthy veterans.

“We also have an on-site health center staffed with nurses from the Boston Health Care for the Homeless Program. They take care of all the clients’ medical needs and help them to enroll in health insurance plans,” said Cuniff.

NECHV is equipped with ample resources designed specifically to improve the physical, mental, and emotional states of the veteran’s who come to the center. Another major program offered by the NECHV is the Transitional Housing Program (THP), which, according to the NECHV website, “provides those clients who are ready to transition to permanent housing with one-on-one housing search assistance and an array of supportive services designed to assist them in achieving long-term self-sufficiency.” The THP staff works to help the veteran’s to develop the life skills needed to transition into housing in the community.

NECHV also offers of short range assistance options for homeless veterans. According to Stephen Cuniff, “We have 59 single room occupancies in the building, so that offers one immediate option for veterans.” The NECHV also provides veterans with three meals a day. Annually, they serve 145,000 meals. They also have a clothing store

CUNNINGHAM continued on page 7

“One of our biggest programs is the Veteran’s Training school that helps veterans directly address their economic problems. The school offers free tuition and is a vocational track that ideally leads directly into employment,”

A Recovery Process: Part II

Aaron James
Spare Change News



Life without alcohol as a young adult was a new way of life for me, six days new. Was this possible to sustain for a year, or how about even a month, out in the real world? I had

my doubts and deep down those doubts lead me to Danvers. I had a sober-house lined up for me. I had somewhere else to go where I could get back to work and move on with my life. Instead, there I sat waiting for the intake process to begin at Danvers. And yes, honestly, still sitting with me was the obsession to walk out, go to the nearest bar and grab a beer. I could, I had that right as an American citizen, a right thrown in my face every time I leave my residence.

A young lady called my name. I followed her into a room set up much like any other common day hospital room: a bed, thermometer and pulse device hanging above the bed. A small sink sat situated nicely in the corner of the room. I felt like I was visiting the emergency room. Kind of was, when you think about it. The lady started with the questions. First they are always basic: name, birthdate, weight, body markings or piercings. And then the one that is supposed to be simple, however currently is anything but. "Address," she asked me.

I ponder it for a moment. Going into my previous detox at Bournewood I gave them my Cambridge address, but I don't live there anymore. I have yet to see the place I am moving into in Roxbury. So I responded, "I guess homeless." Homeless she wrote down.

And then the tough ones I always hate going over: the history questions. I wish there was a way they could get all that information from past records without having to ask me again. I mean, they get deep. First they ask when and where I was inpatient. I go back ten years ago and start thinking back to those days, my six-week binge on ecstasy and all. I gave her the information to the best my memory would serve me. Then she continued by asking me about my history with drugs: when did I first use, when did I last use, how often I used, and with alcohol, how much did I drink each day? It disgusts me when they ask me about inhalants or crack...my honest answers are pathetic.

Once done with the questioning they do a body search. She left the room and

I changed into one of their gowns. So easy to get stuff through, so easy. And I will leave it at that. Once done with the search and fully dressed, she went over the paper work with me.

She explained I could leave at any point, however it was a ten day program I was signing myself into. Leaving early was frowned upon and increased the chances of a relapse. I signed that I understood that leaving meant I quit. I was ready for the stay, ready to do what they asked of me...until she told me there were no visits for the ten days. Boom, just like that, an excuse to leave!

My girl-friend had been a huge support to me thus far in my recovery. She came to visit me in Bournewood four of the six days I was there, brought me smokes and letters that kept me motivated. I had just gone close to a week without a beer and now they wanted to get more strict with me? At that

I was leaving tomorrow, she threw a fit. I called my girl, I arranged for the pick-up, tomorrow at seven after she got out of work I was leaving.

I talked to a counselor there. Told him I was planning to leave tomorrow. Our first conversation was short. Later he pulled me aside after the wrap-up group and had an important discussion with me.

"So, you thought anymore about leaving tomorrow?" he asked.

"Look, I think this program can offer me a lot, but I am ready to do this, I do not want to drink ever again, I want to start giving back and being here only delays that process."

"It's ten days," he said to me, "What's ten days? it's a drop in the bucket!" A drop in the bucket I thought to myself.

"A long drop." I said.

"Look, ten days and you will be out and be much more prepared for life in

drink, but man, without the tools we have to offer you here, honestly, good luck to you. It's ten days, what the hell can't wait ten days when it's the rest of your life we are talking about."

He failed to get me to commit to the full ten days then and there, but he planted the seed. He made sense, it was only ten days, and maybe I could stick it out!

The first real group I attended was the next day. We went down to the cafeteria to hold the group. It was run by an extremely nice and young counselor. The group was on dealing with the past. I really thought it was going to be cheesy as most of these groups are. She had sheets of papers that she threw into a hat. We each grabbed one and had to talk to the statement on it. We each took our turns, about fifteen of us. I was in the middle, my paper read, "A time when I lied to get what I wanted."

Wow! What a strong statement. As I read it I thought to myself, when have I not lied. While I boasted about wanting to only be around 'real' people it was then and there that I truly felt like a hypocrite, and like I was a fake. Nothing about me was genuine. When had I not lied? While I briefly talked about one of my hundreds of lies, I made a pact with myself, no more lies, on any level, try to live like Jim Carry in Liar, Liar. I never want to lie again. As the movie Liar, Liar showed, lies are sometimes necessary, so yes, I've eaten some bad food I've claimed was better than it was and what not, but when it comes to a straight up unjustifiable lies, I have been an, honest Abe!

The point was, in group number one, something stuck. A simple line on a sheet of paper in a group setting formed strong thoughts. How much more could they affect me? I was open, ready to listen, ready to change, the exact type of person they want in their program.

I decided to stick it out, one day at a time. I said I would give it my all and with my new pledge to never lie again, I had to give it my all. I had to suppress my urge for a beer, be humble, listen, and man up. Time to stop being stubborn, to stop being the cry baby. While I wanted to leave, this had nothing to do with what I wanted, rather what I needed. I needed more tools and staying slowly provided me those tools. Some tools I did not realize I had been given till after I left Danvers.

I had to suppress my urge for a beer, be humble, listen, and man up. Time to stop being stubborn, to stop being the cry baby. While I wanted to leave, this had nothing to do with what I wanted, rather what I needed. I needed more tools and staying slowly provided me those tools. Some tools I did not realize I had been given till after I left Danvers.

moment, I decided I was not going to stay for the full ten days. I was ready to leave right there. However, I decided to at least give it a try, go upstairs and say hello. I would settle in then call my girl and see if she would pick me up some time tomorrow.

The nurse finally led me upstairs and showed me my new home. My room was just down the hallway, I would share it with four other men. They were in a group when I first arrived. So I had a few moments to put my things away and collect my thoughts before my roommates would be back. I remember, once the nurse left me alone, closing the door and crying like a little baby. What was I doing there? Why did I choose more treatment? This was stupid. I wiped away my tears. I decided I would stay the night and leave tomorrow. I went to use the phone, it was a payphone! Great, at Bournewood I could use the phone whenever there was no group going on, now I needed to pay for it! I luckily had a few quarters. I called my mother, and when I told her

sobriety. I have no doubt you are sincere about living sober, I believe you, but trust me, I believe strongly in what we have to offer you here. You need tools to survive out there — tools, you simply do not have yet." I decided to let him talk for a few seconds.

"Your counselor has worked with thousands of people like you. You haven't even met her yet. We know the numbers, you leave tomorrow and the odds are strongly against success. I hope none of this happens to you, but I am assuming you've stolen before, from friends and family, am I correct?" I nodded to confirm, "Some know and some have no clue, you still need to ask for forgiveness," he said as I nodded again. "The situations we created in the past as addicts are tricky to deal with. What are you going to do if someone who knows of your past falsely accuses you of stealing again, or when, and this will happen, a close friend who you thought was there for you on your most rainy of days will never forgive you or talk to you again? You say now you will not



The Man on the Bench: Episode 2

Jacques Fleury
Spare Change News



Gulp Fiction

In my mind, I woke-up surprisingly perspicacious, acute and astute to a hovering of blinding fluorescent lighting directly above me. I could hear a booming voice bust the otherwise halcyon setting, “I don’t think he’s going make it. He has simply lost too much blood from the impact of the accident.” I figured then that I must be in a hospital, not heaven, and the voice must be that of a doctor and not God; as I originally perceived. I wished so desperately that I could tell them that I was still alive. I tried to repel the tides of panic and pandemonium that were growing like a balloon inside of me, but it was no use. I wanted so much to shriek at the top of my lungs, “I’m alive! I’m alive! Please don’t give up on me!” But all I could do was lie there, my fate completely out of my hands, this must be what helplessness really feels like.

I started to wonder how I had gotten there; to that point on an operating table; surrounded by men in white coats. The last thing I remembered was me driving down a high way. But where was I going? Why was I going there? Then all of a sudden I heard “Clear!” and then “We got him back!” Later, I found out that they went through my phone and contacted my wife Lola and told her what had happened. They then told her that I would have be airlifted back to Boston since my car was impounded, and that I was in San Francisco. San Francisco? I figured then that I must have been driving for days. They said I suffered from anterograde

memory damage, which explains my inability to remember recent events.

When the ambulance brought me back home, Lola was waiting for me in front of the first floor window. I was so in love with her, not unlike Pygmalion, who in Greek mythology, fell in love with his self-made ivory statue and appealed to Aphrodite Greek Goddess of love and beauty to give it life, which she did. From a distance, she looked like a comely ghostly vision in a haunted mansion; fraught with trepidation, waiting to be rescued. Her eyes looked dark and hallow, and her face was demure and seemingly expressionless. She was never one to show much emotion, perhaps it had to do with her profession as a doctor, or having been raised by strict stoical German parents. She came running out to the ambulance as it pulled up to the house. The two EMT’s helped me out, and Lola ran into me to hug me, and I almost lost my balance. “Easy, easy,” I told her. She thanked the men and slowly walked me to the house. It was a cloudy autumn day and the fall leaves had resigned to their deaths on the ground in ample mounts during my absence.

The house was immaculate, much like my Lola; even more so than usual. Lola cleans excessively under duress. She sat me on the living room couch and tried to help me lie down, but I told her I was ok just to be sitting for now. And then, with a voice as gentle and earnest as a five year old child she asked me, “What happened?” I was dreading that question, because to tell you the truth, I don’t really know what happened. And so I told her, “I don’t remember. All I know is I woke up in a hospital and I was told that I was in a car accident and my head went through the windshield and that I was in coma for a while.”

“Well, you left for work a week ago and you never returned. I was worried sick! But let’s talk later. Right now, you need your rest.” And she walked me to our bedroom and helped me to bed. Soon after, I fell into a deep sleep. And I began dreaming the most vivid dream I’ve ever dreamt.

I was in a deep green forest the deepest green I’d ever seen engulfed in purplish fog. And then there was this purple horse with long white elegant wings perched high in the air casually eating the vegetation. And then I realized that the white horse was me! Soon I began to fly around the forest, flapping my wings with graceful force, as the orange sun came down announcing the end of the day. Then I started to fly directly into the sunset until I was completely consumed by its rays.

The next thing I knew, I was being shaken awake by Lola announcing day-break and the duty of breakfast. We just sat quietly eating together, as we usually do before we go off to work, even though I wasn’t ready to return to work just yet. It’s one of the ways we thought up to be with one another, given that both our work schedules tend to be very demanding and not at all friendly to the stability of our marriage.

Suddenly an incongruity—Lola spoke and broke the spell; which startled me, because the only words that are usually spoken by either one of us at that particular moment are “Love ya, have a nice day at work” conjoined with me giving her a butterfly kiss good bye.

“The doctors wrote down in your discharge papers that you talk to your primary care about possibly seeing ...psy... chiatrist,” she said with what appears to be an ingenuous but nervous smile while still looking down at her plate.

“Why would he do that? There’s nothing wrong with me! Since when was speeding down the high way a psychological defect?” Lola was now looking up, her smile had dissipated and she could no longer hide the fear and concern in her eyes; she knows whenever I get so deliberately defensive, it usually means I know she’s right and it’s only a matter of time before I forfeit. She reached out and placed her supple porcelain like hands upon mines.

“Well, Carlton honey, just meet with him, see what he has to say. You must admit, what happened was somewhat mercurial and a little out of the ordi...”

“I don’t want to talk about it!” Now highly irritated, I cut her off. “Let me just enjoy my breakfast in silence and we can talk about this later!”

“Well, would you rather that I dissemble?” She asked raising her eyebrows.

“Yes, doctor. I’d rather you dissemble. I want to pretend that everything is ok, at least for now. Can you do that for me, please?” I hardly ever snap at Lola and it scared me. What was happening to me? What was this “thing” inside of me causing me to act impulsively? It felt like in my head lurked a floating black and white TV, mysteriously showing an episode of... The Twilight Zone.

To Be Continued...

Jacques Fleury’s “*Sparks in the Dark: A Lighter Shade of Blue, A Poetic Memoir*” about life in Haiti & America was featured in the *Boston Globe*. Sample or buy the book at: www.lulu.com. 20% of proceeds will go to Haiti charity Partners in Health. For personal appearances or comments contact Jacques at: haitianfirefly@gmail.com.

CUNNINGHAM continued from page 5

that offers free clothing for veterans. However, Cuniff went on to explain how while the center does offer these short-term options, the organization is ideally intermediary from the get-go.

“The goal is for our services to be transitional in nature. By having the veterans work with a case manager from day one, we are getting the veterans in programs designed to lead them to employment and housing,” said Cuniff.

In recent years, the New England Center for Homeless Veteran’s has been forced to tailor their programs to focus upon a new generation of troubled

veterans. For the majority of the past twenty years or so, the center has dealt almost primarily with Vietnam and Gulf War veterans, with an average age of 40-45 years old. However, in recent years, this has changed drastically.

According to the Homeless Veterans Provider, over 2,000,000 US troops have been deployed to Iraq and Afghanistan since September 11th , 2001. Among returning troops, nearly 40% of soldiers report symptoms of psychological distress. These challenges include anxiety, depression, post-traumatic stress, substance abuse, and traumatic brain injuries.

Stephen Cuniff commented on the

effects this distinct demographic shift has had upon their organization, “Of the 230 veterans currently in shelter, 95 are from the post 9/11 period. For the future, we are looking more to address the needs of these younger veterans.”

The means of doing this, as Cuniff went on to explain, begin with incorporating new technologies into their communication systems. “The generational needs are different. Here at NECHV, we are working to gear our programs towards these younger veterans. This means improving our technology and better using Facebook and multimedia. This stuff is still new to us,” said Cuniff.

According to the New England Center for Homeless Veterans Web site, “the U.S. Department of Veterans Affairs (VA) estimates that more than 275,000 veterans are homeless on any given night, and, more than 500,000 experience homelessness over the course of a year.” For more information about the New England Center for Homeless Veterans visit, <http://www.nechv.org/>

David R. Surette's new book of poetry is *The Immaculate Conception Mothers' Club*. He is the author of two other collections: *Young Gentlemen's School* and *Easy to Keep, Hard to Keep In*. His poems have been published in literary journals such as *Peregrine*, *Off the Coast*, and *Salamander* and appear in the anthologies *French Connections: A Gathering of Franco-American Poets* and *Cadence of Hooves: A Celebration of Horses*. He has been a co-host of Poetribes, a contributing editor at *Salamander*, an instructor at the Cape Cod Writers' Conference, and a contributor at the Bread Loaf Writing Conference. He has featured at poetry venues across New England such as the Boston Poetry Slam, Tapestry of Voices, and The Poetry Hoot. He lives in South Easton, Massachusetts.

www.davidsurette.com

At the Rat

David R. Surette

Headlining entitled you to first sound check
which meant you got to flip on the lights.
For three seconds, they would turn their heads
to you and freeze atop tables, bars, along

ceiling pipes, hunchbacked, bucktoothed,
tails like night crawlers, then they scattered,
making you doubt their existence.
Sure, there were plenty of them hunting

in the dumpsters behind the club, greeting
you when you loaded and unloaded
the van, but nothing like that moment
of light and flight. It wasn't reason enough

not to play there. No more than the dressing
room full of hangers-on: shag headed
musicians schmoozing, snorting, shooting up,
Chain smoking chubby or anorexic

punk girls who liked their singers rat-faced.
No more than the thug bouncers who hated
the patrons and dragged them out back to give
them beatings, or the doorman with the shadow

of a gun under his suit coat who always cheated you
on the door. Because nothing back home matched
a crowd pressed to the stage demanding
a second encore, the sound guy threatening

to shut the P.A. off to make the 2:00 closing time,
when you turned it back over to the rats.

Bookmaking

David R. Surette

One of the Felician Sisters
at Our Lady of Czestochowa
my mother's second grade teacher, was telling
the school kids about the value of books.
They were to be loved, covered, and cared for.
My mother saw her opportunity
and bragged, "My father is a bookmaker!"

He was, and he figured the odds
on happiness with a woman
who struggled with happy
and sad, and he left her, and
my mother and her brother
(who wasn't his)
to be split up,
passed through
foster homes and relatives' arms.

He died at 95, good news for my genes.
He hadn't seen my mother since she
was 24 and appeared at his bar to show
him how well she turned out,
pictures of my brother and me as proof.
He had already cashed out.

We didn't go to the wake or funeral,
and we go to everyone's.
We figured the over and under of whether
it would make my mother happy or sad
and skipped it.

Famine

David R. Surette

John Connelly began each school day
by placing six Vanilla Wafers shrouded
in Saran Wrap on the left corner of his desk
with permission to eat them when needed.
At the Immaculate Conception
Grammar School, rules were rules, and eating
outside of lunch and recess was forbidden.
But here was John and his daily packet
of wafers. Food was precious in those days.
I knew my lunch was a peanut butter
and jelly on Sunbeam and two cookies.
Never more or less. I had never eaten
more than two cookies at a time, ever.
Six was an extravagance beyond thinking.
We gobbled down our lunches
without a word, washed down with slightly
sour half pints of milk. The Sisters
taught us one of Jesus' great miracles
was feeding the masses with five loaves
and a few small fish. Maybe the miracle
was Jesus sharing what little He had
opened up others to reveal
their store of food, and when
the sharing was done,
there was still more to eat.
I can't remember any of us ever sharing,
especially John as he sat content
with his huge cache of cookies.

PHOTO / REUTERS HUGH GENTRY



Poems may be submitted to: Marc D. Goldfinger,
76 Unity Ave. Belmont MA, 02478

or email: sparechange-poetry@gmail.com. SCN cannot return poetry
submissions, and authors will be contacted only if their poems are published.

Every Thursday
Squawk Coffeehouse, 9 pm
1555 Mass Ave., Cambridge
Open mike for poets and musicians.

Every Saturday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$3-5 suggested donation.
671- 354-5287

Every Sunday
Lizard Lounge Poetry Slam, 7 pm
1667 Mass. Ave., Cambridge
\$5. 671- 547-0759

Every Monday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$4 suggested donation.
617-354-5287

Every Wednesday
Boston Poetry Slam, 8 pm
Cantab Lounge, 738 Mass. Ave.,
Cambridge
\$3. 21+. 617-354-2685

Second Thursday of Every Month
Tapestry of Voices, 6:30 pm
Borders, 10 School St., Boston
Free. 617-557-7188

Second Tuesday of Every Month
Newton Free Library, 7 pm
330 Homer St. 617-796-1360

Third Saturday of Every Month
Boston Haiku Society meeting,
2-6 pm
Kaji Aso Studio,
40 St. Stephen St., Boston
\$3. 617-247-1719

Poetry event listings may be
submitted to
sceditor@homelessempowerment.org

Q&A with Jennifer Payne, Supervisor of Advocacy and Case Management at The Women's Inn Emergency Shelter Program at Pine Street Inn.

Beatrice Bell
Spare Change News

Earlier this month writer and vendor Beatrice Bell spoke with Jennifer Payne, Supervisor of Advocacy and Case Management at The Women's Inn Emergency Shelter Program at Pine Street Inn. During their interview Mrs. Payne spoke about what Pine Street Inn and their residents did to celebrate the holidays; including tree decorating, baking cookies, and an annual Christmas party. The interview in its entirety is listed below.

Bell: What is your name and how long have you worked at the Women's Inn at Pine Street?

Payne: My name is Jennifer Payne, and I am the Supervisor of Advocacy and Case Management at The Women's Inn Emergency Shelter Program. I have worked here since 1997.

Bell: What is the Women's Inn doing to help promote Joy this season for the women who are homeless?

Payne: On Monday, December 13, we are having a tree trimming celebration. We are going to decorate the tree, decorate the lobby, and several of the women have been busy all morning baking homemade cookies and brownies to serve while we decorate.

Bell: Over the years, have you seen a large amount of deaths due to depression from a woman being homeless during the holidays?

Payne: Thankfully, This can be answered no.

Bell: What do you do to help a homeless woman cope with feeling depressed during the holidays?

Payne: While the holidays can be quite depressing for our guests, the staff does a good job of trying to keep people in a positive space.

Bell: Are there any traditions that you feel help a woman get through the holidays without feeling depressed?

Payne: No, but we have a Christmas party here at Pine Street Inn traditionally. Christmas here is very festive, we serve a full course chicken dinner, we have a professional DJ that comes and gets us up and dancing, and on occasion, Santa has been known to leave gifts for our guests.

Bell: What family traditions do you follow when you go home?

Payne: In my family, the meals are a very important time. Not only is it the time we all gather to eat and talk, it is also time for traditions. My grandmother's olive salad will be on the table,

my other grandmother's fruit salad will be served. I bake the week before Christmas, something my mother and both grandmothers did. My own family has gotten so large that we have to rent a hall for our Christmas party. This is wonderful because our party is the week before Christmas, leaving Christmas Day as a more intimate time for immediate family. And in my house, the stockings don't get put up until Christmas Eve.

Bell: Is there anybody in particular that you think about who can't be here for the holidays?

Payne: Sadly, we have lost many women this year, including a former staff person. There are many women we will be thinking of. While we miss them dearly, we are all very grateful to have had them in our lives. Each person here is so special in an individual way, each woman brings something special to Pine Street.

Bell: Is there anything in parting that you would like to share with people about how to deal with a person who is homeless and needs assistance this time of year?

Payne: Everyone needs help at one time or another in his or her life. The thing I'd like to say to this is that we

must always treat people with dignity and respect. Holidays or not. Homeless or not. Needing assistance or not. Kindness matters at all times with all people. And we must never judge; there but for the grace of God, go I.

Bell: What's your stance on giving a person money versus a meal when they are homeless and living in the streets?

Payne: I would always encourage a person in the street to seek shelter. These days, most shelters offer more than shelter. Health care, housing advocacy, mental health care, access to substance abuse treatment, and so much more are offered. Giving a person money in the street will neither address nor resolve the issues that brought the person to the point of living in the street. Ultimately, choosing to give money to someone in the street is an individual decision.

Info on Pine Street Inn's Women's Emergency Shelter Program

According to the Pine Street Inn's website, the Women's Inn is the states largest emergency shelter for women and provides a safe place for nearly 100 women to sleep each night. For more information about Pine Street Inn, or it's programs visit, http://www.pinestreetinn.org/programs_shelter.php



Project 50/50: The Beginning

Shay Kelley
Project 50/50

On the first day of the New Year in 2010, I climbed up into an old pickup truck that I named Bubba, with my dog Zuzu in the passenger seat. I began a mission to spend one week in every US state helping the poor and hungry that live on our American streets. I was in the midst of my own homelessness, and I was already living in Bubba, so taking an idea across the country seemed like the only thing to do. I documented this journey with a camera and a jour-

nal, and along the way I began a non-profit organization that provides loving assistance to the hurting people of this nation. This Project 50/50 was completed just a week before Christmas, on December 18th, in the 50th state of Hawaii. The 'story' of this journey is almost unimaginable. The struggle, the suffering, and the triumph are almost immeasurable. Success always comes at a high price.

I knew that my greatest struggle would be in the silence. On the long, open roads for 12 months, I knew that
KELLEY continued on page 12



Voices From The Streets

Voices from the Streets — a forum for those whose voices are too often ignored. From narratives to opinion to advice, these writers portray a unique perspective on life that might otherwise go unnoticed. Below, find that turning an ear towards those normally silenced opens the door to understanding and relating to those who have faced life on the street.

When The System Slips



Marc D. Goldfinger
Spare Change News

I looked into the obituaries today. I'm looking for a friend of mine who was coldly administratively discharged from the Barbara McGinnis House two weeks ago.

This man is in his mid-fifties and I used to shoot heroin with him. I got clean. He didn't. What that means is something happened in my mind and soul, where the root of my addiction lives, and I was able to go into remission.

Why me and not him? God only knows. I saw him try to get clean a number of times but he just couldn't. This addiction is a demanding disease and, just like with cancer, some people go into remission and some don't. It doesn't have anything to do with the quality of someone's character. I still think like an addict. I just don't act on my thoughts. Why? That's the question of the ages.

Why do some squirrels make it across the road alive and others get hit? It's the same type of question.

While this man, I'll call him Ron, was doing some time, he was diagnosed with lung cancer. To complicate the situation, he also had AIDS. He's beyond HIV Positive because of his symptoms and blood count. His treatment began while he was in prison.

It probably took a little longer to put everything in place because the bureaucracy moves so slowly. By the time he was released, he was considered terminal. In other words, he was dying. Nobody put a date on it, but it was definite.

They found him a bed at the Barbara McGinnis House. This was a good thing. Ron is a man who, because his illness of addiction is active, makes decisions that are not good for his health. He needs to be monitored.

I rested easy because I thought he was safe. He was going to Chemo treatments and his tumors were shrinking. That didn't mean that he would be cured. It was extending the time he had left. He was getting OxyContin for breakthrough pain and was wearing a Fentanyl patch to monitor the steady pain. All seemed well.

Then, one night I received a call from Ron. He was frantic. The McGinnis House had accused him of getting high and had urine tested him. Ironically, when the test came back, no substance that shouldn't be there was evident. However, there was a lack of OxyContin in his urine so they accused him of diverting the Oxy.

Now I'm not going to say that he was or wasn't diverting. They were administering it to him and they saw him put it in his mouth. But they were in

the process of making an administrative decision as to whether discharge him or not.

I advocated for him. I tried to explain to them what would happen if he was discharged to the street. True, they offered him Pine Street Shelter and Shattuck Shelter, but he didn't want to go to these places.

Let me say now that he did not cause any trouble while he was at the house. Ron is a quiet, gentle, physically challenged man who didn't cause trouble, he was totally nonviolent. I told the people I talked to there that to discharge him to the street would be a death sentence.

They didn't listen and discharged him. I let him store his few things in my basement so he wouldn't have to pay storage charges that he couldn't afford. When he came over my house, he showed me the medication he was taking.

Ironically, the OxyContin was in liquid form. When I saw that I realized that if the McGinnis House had been administering the Oxy in liquid form, Ron wouldn't have been able to "cheek" his meds. That is, if he did.

Urine tests are hinky and don't always come out correct. At one time a therapist I was seeing gave me a urine test and it came out positive for a substance that I hadn't taken. I was lucky — my therapist believed me.

Another time I was in a sober house, 12 Step Inc. they are called, and they gave me a urine test. I tested positive for something I hadn't taken. They were going to put me out for a number of days because it was my first offense and I told them that I was going to my physician right away to get tested because I knew that I hadn't taken the substance. They had a staff meeting about it and decided to let me stay.

I went to my doctor for the urine test anyway just to back up my claim. Lo and behold, it was negative for the substance. I brought the paper to the sober house and showed them. They had no response.

Now Ron is on the streets. He has been out for two weeks. Last week the hospital where he goes for Chemo called me, looking for him. They got my telephone number from the McGinnis House. Ron hadn't shown up for his Chemo.

Unfortunately, I could have predicted this. Ron is about 55 years old and has a history of making bad decisions when it comes to his life. Basically, he is harmless except to himself. There are times that he engages in petty crime like shoplifting to get things he needs or thinks he needs, but, beyond that, his criminal history is pathetic. He doesn't even deal drugs.

Which brings us back to the accusation of diversion of his OxyContin. Did he do it? Is it possible the urine test wasn't accurate? Why couldn't the

GOLDFINGER continued on next page

tales from the curb

For A Friend



James Shearer
Spare Change News

I was preparing for what I hoped would be a great Christmas when the phone rang, and on the other end was Spare Change's Executive Director David Jefferson, his voice sounded a little different which led me to believe that something was wrong," I hate to have to tell you this James, but Barbara has passed away." I didn't hear much after that, losing a friend tends to do that to you.

For those of you who didn't know her, Barbara Lanuim was a wonderful, warm person, whom I will miss deeply. I first met her when she began working at Solutions at Work's Moving Up program, which provides moving services for the homeless and low income. She quickly became the manager of that program, and take it from me, she ran it well.

However, that's not what's amazing about her, it's where she came from. She went through the school of hard knocks, homelessness, addiction, etc. You may say, "yeah so," but if you have any brains at all you would realize how incredibly difficult it is for a Woman, or anyone for that matter, to bounce back from those things and get to the level she was at. Because of that I had a lot of respect for her.

Barbara was also a kind and loving mother who was dedicated to her Children and grandchildren. If nothing else came through about her, that always did. She was dedicated to her work at Moving Up to a fault. She always felt that if she didn't do it then nothing would get done. I guess you can say that we were kindred spirits in that respect.

Barbara became Manager of Moving Up right around the same time I became Interim Executive Director of HEP. Naturally, we saw each other every morning and I would stop in and we'd talk and compare notes, the stress of running an organization can be daunting, there were days I wanted to just go and never come back. But each day seeing Barbara struggling the same as me and refusing to quit inspired me to give it another go. I could hardly complain about my stuff when I saw Barbara despite her own health and sanity keep going. Plus, she was so much fun to be around, laughing and smiling and taking my sometimes over-inflated ego down a peg. We had a running joke where I would always ask her to marry me, and she would introduce me as her next soon to be ex-husband.

Her children and grandchildren are priceless, they were around the office a lot and they all lit up the room with their presence. At one point she jokingly threaten to bar me from her office because I kept stealing her bookkeepers. She was a hard worker, but also a lot of fun.

I last saw Barbara at the office just as I was headed out to my board meeting. It had been a long day for her and the movers, and they were winding down before going home. Barb was feeling a little stressed from work and other stuff in her life, I wanted to yell at her and tell her to take some time off and relax. I didn't, and two days later she was gone. If I know her, she wouldn't have followed my advice anyway.

This week, after the holidays I will be going back to the office. The church will seem a little emptier, and of course I will walk by her office and she won't be there. She leaves behind four beautiful children, a couple of really cute Granddaughters, and a host of co-workers and friends here at Spare Change that will miss her dearly. Barbara, I will always keep you in my Heart, REST EASY MY FRIEND.

Understanding The Chronically Homeless

Robert Karash
Spare Change News

Society normally perceives the homeless population from many different angles but sometimes there is a misunderstanding of the deeper issues. To fully understand the most profound aspect of serious homelessness, one must look at those who are deemed “chronically homeless”.

Of the various levels of being homeless, the easiest to observe is a temporary homelessness which occurs when a natural disaster or catastrophic event unsettles people from their normal abodes. Events like a hurricane or huge flood can make someone lose their home even with insurance. In such cases, there was no prior anticipation of habit of homelessness. People in these situations generally rebound quickly and are also in a well-defined model of disaster relief by the government and general public.

The harder level to understand is when people are homeless for more than a year, or two, or five, or twenty years. Perhaps they’ve been in and out of homelessness over a long period of time. Or perhaps they have been steadfastly homeless for a long time. This can be the result of many incidents in their lives.

There is a formal definition of a chronically homeless person in terms of how many periods of homelessness experienced in certain defined periods of time. But basically the idea is that a person has not caught on back to mainstream society and is bouncing out of homeless shelters, the street, or people’s couches.

Part of being chronically homeless is being institutionalized in the shelter system or sadly, even worse, having given up on ever being a part of mainstream

life. In the latter case, someone could be thought of, perhaps unfairly, as having chosen a broken, hopeless future over trying to get a job and a home. This happens more often than one might expect. Someone who was homeless, then got a subsidized apartment, was overwhelmed by the new realities of maintaining his own home, and lost it, winding up back in the shelter system. This failure is a deep assault on one’s ego and self-esteem. In some ways it’s just less stressful to be in a shelter and be taken care of instead of facing and conquering the overwhelming complexities of daily life. Then there are people who lose it all because of relapsing into substance abuse, dual diagnoses, or mental health problems.

The urgent question is who’s looking out for a person when he gets a new apartment out of the depths of chronic homelessness. With rampant budget cuts in many social service agencies, the answer frequently is no one. In better economic times, there was an “outside stabilization” staff member in social service agencies who would follow up on recently housed people. There are few such professionals in lean economic times. It’s usually double duty for another staff member with a full plate of presently homeless clients, which frankly doesn’t work in the end.

So the face of the chronically homeless is one of resignation to the shelter or street living, with no way out. These are the most vulnerable of the population and need the most gracious encouragement back to mainstream life. But they’re typically left to their own plight and vulnerabilities.

One surprising aspect to this, is that the chronically homeless in most cities are the most invisible to main-



stream citizens. So it’s quite hard to be aware of their dilemma and plight.

Governments, federal, state, and municipal realize this problem and have tried with great innovation to break this insidious cycle of chronic homelessness with such initiatives as Housing First, Rapid Re-housing, and with supporting mental health and substance abuse counseling services. Whether it realistically works over the long term is open to argument and debate.

The upshot is that we as a society must be vigilant to be aware and empathetic to the invisible, chronically homeless people. And to offer and give a hand up, which is better than a hand out, in the long run. The vulnerable must also listen, believe that there is a future again, and partner to get their lives back.

Ana Hart’s Tribute to Michael Jackson

Ana Hart
Spare Change News

Whenever I heard Michael Jackson sing “I’ll Be There” on both the Dangerous and History tours, his voice went right through my soul like a sword! This precious and loving uman being forever puts me in harmony! He is my...and the entire world’s shining armor, with his eternal spiritual self-hood, which lives on and on and on.

He never died, oh no, Jackson family and fans alike. So wipe your tears away, everyone. I encourage you to join me in embracing the love of Michael Jackson.. and his Mellifluous voice in eternal life, which is why I nicknamed him in spirit as “Sparkle” because he shines and shines like a twinkle star. And his face oh so pure and beautiful!

This gifted voice of Michael’s is a monument of love by itself so outstanding that no male vocalist could

compare.

Like his song says in “Heal the World” his love is a love that cannot hide, and also his spiritual self-like magic!

Michael has always been a tender heart-in-need, reaching out to those in need, especially young children. His spirit continues to infiltrate on earth sending Mother-God’s message of nurture.

Allow me to say here as a final trib-

ute to my beloved one Michael, that I continue to feel an infiltration of his love and could also hear the echo of that ever-present voice which is a breath of harmony even when I’m not listening to it on tape.

As we hear him say, “I love you all,” while on stage, I say to him “I love you more, Michael, unconditionally, which is easy ‘cause you’re beautiful.”

continued from previous page

McGinnis House administer the Oxy in liquid form to eliminate any possibility of diversion instead of discharging him to the streets?

When I saw him about ten days ago, he looked terrible. He had lost many pounds and all his hair. Chemo will do that. He showed me the liquid Oxy and all I could think of, besides taking a drink of it (my addiction is alive and well), was why hadn’t the McGinnis

House changed his prescription from pills to liquid?

Thank God I didn’t take any. There are a few reasons why. Let me tell you. I go to support groups at least five days a week. I go to therapy every other week. I see one psychiatrist who treats my mental illness. I see another psychiatrist who treats my addiction with Suboxone, a drug that blocks the effect of narcotics and fills my receptor cells with Buprenorphine and naloxone. The naloxone is the blocker and the “Bup”,

as they call it on the street, fools my cells into thinking that they have narcotics in them. A miracle drug.

But Suboxone doesn’t work without support groups and therapy. That’s what keeps me taking it as it is prescribed. By the way, I am a drug counselor, with a Certificate from UMass Boston and a program called CASCAP. But knowledge isn’t everything when it comes to the illness of addiction.

And this tale is about Ron, who is out on the streets now and not being moni-

tored. Which is a damn shame because he could have lived a bit longer than he will live if he stays on the streets. That’s what happens when the system slips. I’d like to say that this is the only horror story I have but it isn’t.

Ron is like me. What happened? I just got lucky and my treatment all fell into place so I wouldn’t fall. But right now Ron is falling into a dark hole that he may never get out of. God help him.

Marc D. Goldfinger is a formerly home-

Ring In The New Year: New Opportunities for New Beginnings

Mary M. McLaughlin
Spare Change News

All of the refreshing possibilities inherent in the exciting concept of new beginnings apply to the realities of relocating to a different community. Relocation is rarely a seamless and easy adjustment to make; frequently it isn't initiated by choice. Job losses or reassignments, health status changes, widowhood, divorce and other life-altering events may prod us into making major lifestyle revisions that we might prefer not to have to make at all.

The attitude that we choose to maintain over the course of our transition will make a very big difference in the success or failure of our adjustment. If we allow ourselves to wallow for very long in loneliness, resentment, grief or depression, we will delay creating a fulfilling life at our new location. The first step towards your new future might need to be a determination to cope effectively. Then, clarify a specific direction for your coping activities. The kinds of activities that we previously enjoyed might not be readily available in a new location, but we can make a positive and affirmative decision to investigate whatever is available,

and to make choices from among those possibilities, even if they are not initially very appealing. Work becomes especially important at times like this; whether it be paid employment, volunteer community work, online activities, coursework, athletic participation, whatever it is, find a way to use your extra time. We feel best and we are emotionally healthiest when we are performing tasks that are stimulating and productive, even though we might view ourselves primarily as stay-at-home parents, as disabled, or even as retired. I recall vividly the intense culture shock of moving from my beautiful home in the leafy, hilly suburbs of metropolitan Boston, to a huge, barren, fortress like Midwestern university when my husband started graduate school there. We moved into a run down, barracks-style apartment in the student housing section of a community that I had never before even visited. The terrain everywhere was flat, tornadoes were a serious weather threat, and our view was of dusty railroad tracks. People inquired about my "foreign" accent and we were very far away from the ocean that I loved so dearly. Football games were the most exciting pastime, but football

had never interested me at all. My husband was busy studying nearly all of the time, there were no relatives nearby. I had no friends at all, and I had an infant son to care for. I missed the excitement of Boston terribly, my large Irish political family, my friends, the stores, museums, concerts, great restaurants and all of the other ingredients in the culture of that very sophisticated northeastern city. The Midwest felt like the boondocks and I was a very lonely outsider there. The few activities available to me included taking a course because free tuition for one class each semester was offered to wives of graduate students. I hold a PhD degree now, but my graduate school education started there, very reluctantly, with my taking one course a semester, mainly because the opportunity was there, it was free, and there was basically so little else to do. Another option was to walk my son in his stroller to the main campus for treats, given that the university's dairy management program ran a store there featuring high quality products like delicious cottage cheese and ice cream. I walked to the campus dairy nearly every single day, even in the winter. I was already accustomed to cold weath-

er and I learned to plan our excursions around the intense wind that often whipped up off the Midwestern plains. My son and I loved it. He ate his very first ice cream cone there, chocolate, a typical new mother kind of mistake; I instantly learned the virtues of vanilla. Our daily jaunts together were really the beginning of the lifelong fun, and wonderful relationship that I have for so many years enjoyed with my son. Although I did not initiate either of these activities with much enthusiasm, I came to cherish those long walks together, the courses were fascinating and I was profoundly influenced by the intellectually stimulating discussions that I had back then with the other graduate students and professors in my classes. That old cliché is true: we certainly can bloom wherever we are planted. We create our own opportunities for happiness. Resolve to take whatever steps will be necessary to orient yourself in a new direction. Step out of your comfort zone, investigate whatever options are available in your new area and try out different possibilities. Convert your relocation situation into an opportunity to initiate an unanticipated but wonderful new beginning.

KELLEY continued from page 9

I would cry. Now, I know the way that loneliness happens even when people are everywhere. I know that I can feel alone on a crowded street. Weeks went by, and the only human contact was a friendly handshake. I desperately wanted to talk to someone who knew my name before saying hello. I wanted to see someone who had known me for more than 24 hours. But I knew what the Project required, and I knew the sacrifice that God had asked from me... What I didn't know, was that by the time the Project was complete, I would be married to the man of my dreams. Every time I try to write the story of our romance, it sounds like a fairy tale, and in most ways, that's exactly what it is. Our first date was in Alaska. He surprised me in Niagara Falls, New York with a ring and a question. We tied it all together with a beautiful but simple Hawaiian wedding in the 50th state, during the last few days of the Project. It's perfect, but it hasn't been easy. I've known Shane Patrick for 6 years, but we had only seen each other 4 times this year before getting married. I had been single for 2 years and I've been alone on the road for a long time. The

idea of letting someone into my 'bubble' is terrifying. Long distance was hard, and we had a lot to learn. But from the moment that we bumped into each other in the 8th state of Oklahoma, I knew that Shane was it. He loves me the way God does, and he brings this Project to new heights. The words 'settle down' are nowhere near our future. There is still too much to give, and much more work to be done. We will move forward with God at the center of our lives and our marriage, despite the challenges that may lie ahead. It's been only 2 weeks since the Project was completed. I'm still adjusting to my new life as a wife, and what it means to be a partner. Compromise and constant communication with another person were not a part of my previous routine. Sharing the Love has been a priority for a long time, but sharing decisions was not. This is going to stretch and grow me into a better version of myself than I've ever known, but not without a little pain. When I began, I knew I would be lonely. As I worked through the pain, I knew that God had a plan. As I fell in Love, I knew that God still needed my heart. As I made a commitment, I knew that my promise to God came first. And as I got married, I knew that God had blessed us both. Now, I know that this project is only the beginning.

Comments,
Questions,
Story Ideas?
Send a letter to the
editoreditor@sparechang
enews.net

Helping Hands

Cambridge and Boston are teeming with organizations ready to provide food and services to the homeless and the needy. If you're in need, they're there for you. If you can volunteer or donate, most of them could use your help.

Food

DAILY MEALS:

Boston Rescue Mission
39 Kingston ST., Boston
Community meals: 3pm weekdays, and 5pm Sundays
(no Saturdays).

Pine Street Inn
444 Harrison Ave., Boston, 617-482-4944
Breakfast: 6 a.m.; brown bag lunches during the day;
Dinner: 5 p.m.; Chicken truck: 11:30 a.m.

Rosie's Place (women & children only, no boys over age 11)
889 Harrison Ave., Boston, 617-442-9322
Lunch: 11:30 a.m. – 1 p.m.; Dinner: 4:30 p.m. – 7 p.m.
St. Francis House

39 Boylston St., Boston, 617-542-4211
Breakfast: 7:30 a.m. – 9 a.m.; Lunch: 11:30 a.m. – 1 p.m.
Emergency sandwiches: Weekdays 2:45 p.m. – 3 p.m.
Salvation Army 402 Mass. Ave., Cambridge, 617-547-3400
Lunch: 12 p.m.

Women's Lunch Place (women & children only, no boys over age 14, male presence discouraged)
67 Newbury St., Boston., 617-267-0200
Open Mon. – Sat., 7 a.m. – 2p.m.
www.womenslunchplace.org

WEEKLY MEALS

Monday:

Boston Rescue Mission
39 Kingston ST., Boston
Food pantry: 9-11am (except holidays). Bring proof
of address.
Church of the Holy Resurrection
64 Harvard Ave., Allston, 617-787-7625
6 p.m. – 7 p.m. and take-out.
Mass. Ave. Baptist Church. 146 Hampshire St., Cambridge,
617-868-4853. 6 p.m. – 7:30 p.m.

Tuesday:

Church of the Advent
30 Brimmer St., Boston, 617-523-2377 6 p.m.
First Parish Unitarian Church
3 Church St., Cambridge, 617-876-7772
6 p.m. – 7 p.m. (doors open at 5:30 p.m.)
Faith Kitchen, Faith Lutheran Church
311 Broadway, Cambridge, 617-354-0414
6:30 p.m. (second & last Tuesday of every month)

Wednesday:

Salvation Army 402 Mass. Ave., Cambridge,
617-547-3400 5 p.m. – 6 p.m.

Thursday:

*Christ Church, Zero Garden St. Cambridge,
617-876-0200 6 p.m. St. James Church
1991 Mass. Ave, Cambridge
The Women's Meal (Women and children welcome)
5 p.m. – 7 p.m. (food pantry 3 days/week)
Union Baptist Church
874 Main St., Cambridge, 617-864-6885. 5 p.m.*

Friday:

Arlington St. Church
351 Boylston St., Boston, 617-536-7050 5 p.m.
Food Not Bombs
Boston Common (near Park St. T station), 617-522-8277
3 p.m. – 5 p.m.
Mass. Ave. Baptist Church. 146 Hampshire St., Cambridge,
617-868-4853 6 p.m. – 7:30 p.m.

Saturday:

Pilgrim Church 540 Columbia Rd, Dorchester
approx 8:45 (Boston Commons, near fountain)
 We serve soup, pasta, coffee, juice, pastries, sandwiches,
 and clothing once a month.

12-1:30 pm
We offer a free community lunch, it is a cafe style, and we serve the guests, no standing in line. The meals are hot and made with love by our very talented chef

Sunday:

Food Not Bombs. 955 Mass Ave (617) 787-3436

Central Square Cambridge on Sundays from 3-5pm.

FOOD ASSISTANCE

Greater Boston Food Bank, 617-427-5200
Serves non-profit organizations such as
agencies, shelters, etc.
Office hours: 8 a.m. -- 4:30 p.m.
Project Bread • 617-723-5000; Hotline 1-800-645-8333
Referrals to food pantries throughout the city
Somerville Food Pantry • 617-776-7687
Food pantry: Mon, Tue, Fri 10 a.m. -- 2 p.m.; Wed 12 p.m.
-- 4 p.m.; Thu 1 p.m. -- 4 p.m.
Somerville residents only. Those unable to use other pan-
tries due to disability may call and ask for the Project Soup
Delivery Coordinator.

Brookline Food Pantry
15 St. Paul St., Brookline, 617-566-4953
Tues. & Thurs. 10 a.m. – 2 p.m., Sat. 2 p.m. – 4 p.m.
Brookline residents only. Second-time visitors must present a letter from an advocate confirming that they are in need of food services.

CEOC (Cambridge Economic Opportunity Commission)
11 Inman St. (basement), Cambridge, 617-868-2900
Food pantry: Mon, Wed 4 p.m. – 6 p.m.; Tue 12 p.m. – 2 p.m.; Thu 11 a.m. – 1 p.m.; Closed Fri.

East End House
105 Spring St., Cambridge, 617-876-4444
Food pantry: Tue 9 a.m. – 2 p.m.; Fri 9 a.m. – 12 p.m.
Offers assistance in filling out food stamp applications (call for appointment).

Margaret Fuller Houses
71 Cherry St., Cambridge, 617-547-4680
Food pantry: Wed. 5 p.m. – 7 p.m.; Thurs. 9 a.m. – 12 p.m.
& 6 p.m. – 7:30 p.m.; Fri & Sat 9 a.m. – 12 p.m.
Pentecostal Tabernacle Church • 617-661-0222
Food pantry by appointment only; no deliveries or walk-
ins; referrals to other food pantries
Salvation Army
402 Massachusetts Ave., Cambridge, 617-547-3400
Cambridge and Somerville residents only.
Food pantry: 9 a.m. – 3 p.m. & by appointment
St. Francis House
39 Boylston St., Boston, 617-542-4211
Food pantry: Mon. – Fri. 10 a.m. – 11 a.m.
Sign up at the Counseling Desk in the St. Francis House
Day Center
St. James Church
1191 Mass. Ave, Cambridge
Food pantry: Tues. 6 p.m. – 8 p.m.; Thurs. 11 a.m. – 12 p.m.;
Sat. 10 a.m. – 12 p.m.

St. Paul's Ame Church
85 Bishop Allen Drive, Cambridge, 617-661-1110
Food pantry: Wed. 12 p.m. -- 2 p.m.; Sat. 10 a.m. -- 12 p.m.
Western Ave. Baptist Church
299 Western Ave., Cambridge, 617-661-0433
Food pantry: Every second Wed., 10 a.m.
Zinberg Clinic Pantry at Cambridge Hospital 617-665-1606
For clinic patients with HIV / AIDS only.
Food pantry: Mon. -- Fri. 9 a.m. -- 5 p.m.
Fair Foods \$2 a bag;
CAMBRIDGE, St. Paul's Church
29 Mt. Auburn St
Harvard Sq. Red Line
Saturdays 10-11
SOMERVILLE, Cobble Hill Apts
84 Washington St. Back parking lot (near Sullivan Sq.)
Every other Wed. 11:30-1
Mt. Pleasant Apts. 70 Perkins St. (off Broadway)
Every other Wed. 1:30 - 2:30
Hearty Meals for All
Somerville Community Baptist Church
31 College Ave. Somerville, MA 02144
Free Community Meals the second Friday of every month
at 6:30pm

Robert Sondak:
Spare Change News Vendor/ writer is running a food workshop series; Harvest Coop Markets. 581 Mass. Ave., Cambridge, MA 02139.617-661-1580. Tuesday December 7, 6 to 8pm. 2n floor Community Room. Located right above deli department. Free. Overview-discussion of diabetes and review type 1 and type 2 diabetes.

Homeless Concerns

The Women's Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen, space, children's room, and more.
Walk-ins welcome.
Women & children only (no boys over age 12)
Hours: Mon-Fri 10am-8pm, Sat 10am-3pm.

Cambridge Multi-Service Center
19 Brookline St., Cambridge, 617-349-6340
City-run agency with additional community non-profit partners. Works with Cambridge families in shelters, provides shelter referrals and other housing assistance. Employs housing specialists for elderly and disabled.
Office hours: Mon. 8:30 a.m. – 8 p.m.; Tue., Wed., Thu. 8:30 a.m. – 5 p.m.; Fri. 8:30 a.m. – 12 p.m. Walk-ins accepted.

Cardinal Medeiros Center
25 Isabella St., Boston, 617-619-6960
Day center for homeless adults (50 years & older); mental health & nursing staff; help with housing searches.
Lunch served at 11:45 a.m.
Office hours: Mon. - Thu. 9 a.m. - 4 p.m.; Fri. 9 a.m. - 3 p.m.
Caspar
240 Albany St., Cambridge, 617-661-0600
Open 24 hrs / day; emergency shelter open 4:30 p.m. - 8 a.m.; Clients who leave in the morning may not return until 3 p.m.; Clients staying multiple nights must prove recent local residency.

CLASP (*Community Legal Assistance Services Project*)
19 Brookline St., Cambridge, 617-552-0623
Free legal clinic for Cambridge homeless at the Multi-
Service Center every Tuesday at 8:30 a.m.
Ecclesia Ministries
67 Newbury Street, Boston., 617-552-0623
Weekly Schedule for the Common Cathedral:

Sunday

- Worship at Brewer's Fountain on Boston Common, 1 pm
- Gospel Reflection at St. Paul's Cathedral, 138 Tremont St., 2:30 p.m. – 4 p.m.

Monday

- Lunch at Sproat Hall (St. Paul's Cathedral) 11:30 a.m. –1 p.m.
- Eucharist & Healing (St. Paul's Cathedral) 1 p.m.
- Common Fellowship in Sproat Hall (St. Paul's Cathedral) 2 p.m. –3 p.m.

Wednesday

- Common Art at the Emmanuel Church, 15 Newbury Street, 10 a.m. – 3 p.m.

Friday
- Common Cinema in Sproat Hall (St. Paul's Cathedral)
2:30 p.m. – 5 p.m.

Horizons for Homeless Children
617-445-1480; www.horizonsforhomelesschildren.org
Horizons for Homeless Children is seeking volunteers to interact and play with children living in family, teen parent, and domestic violence shelters in Greater Boston. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. A commitment of 2 hours a week for 6 months is required. The next training session will be Sat., Sept. 27, 9:30 a.m. – 4:30 p.m.

Medical Walk-in Unit at Mass General Hospital
617-726-2707
Provides minor medical care for adults. Patients are seen in order of arrival. MGH accepts most insurances but requires copayments.
Hours: Mon.-Fri. 8:30 a.m.-8 p.m.; Sat., Sun., Holidays 9:30 a.m.-4 p.m.; closed Thanksgiving & Christmas
Boston Rescue Mission
39 Kingston St., Boston
Safe & Healthy men's overnight shelter program.

Rosie's Place
889 Harrison Ave., Boston, 617-442-9322
Women and children only (no boys over age 11)
Open 7 days a week; provides help with housing, medical care, job training, financial aid and education, legal services, rape crisis counselors, health specialists, and more.
St. Francis House
39 Boylston Street, Boston, 617-542-4211
Meals offered 365 days/yr.; food pantry open weekdays.
Offers a mailroom, open art studio, clothing lottery, computer library, support groups such as AA, showers, telephones, toothbrushes & razors, medical clinic, counseling & mental health services, housing counseling & stabilization services, & a women's center.
For more details on these services and for their specific times visit www.stfranchishouse.org
Starlight Ministries. 617-262-4567
Outreach van with food, clothing, blankets and worship
Hours: Wed. 8 p.m. by Park Street T station on the Boston Common.
Streetlight Outreach
Wednesdays at 8:00 PM
Harvard T-Station (The Pit); Porter Square T-Station
Volunteers work weekly to serve the homeless who live in Harvard and Porter Squares. Volunteer teams give away warm food and beverages, clothing and counsel to those in need. Streetlight volunteers also lead an outdoor worship service for the entire community.

The Women's Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen and rooms. Walk-ins welcome.
Women & children only (no boys over age 16).
Hours: Mon-Fri 10 a.m.– 8 p.m., Sat 10 a.m. – 3 p.m.
On The Rise
341 Broadway, Cambridge, 617-497-7968
Women only. Home-base during the day and advocacy ser-
vices. Open six days / week. First-time visitors, call ahead
or stop by Mon-Sat, 8-2pm.

The Outdoor Church of Cambridge

The Outdoor Church of Cambridge is an outdoor ministry to homeless men and women in Cambridge. Prayer services and pastoral assistance outdoors in all seasons and all weather. Short prayer services in Porter Square, under the mobile sculpture near the T station, at 9:00 AM and on the Cambridge Common, near the tall Civil War monument and directly across from Christ Church Cambridge on Garden Street, at 1:00 PM every Sunday, throughout the year. Sandwiches, pastry, juice and clean white socks available in Harvard Square and Central Square. (978)456-00047, 39 Brown Road, Harvard, Massachusetts 01451
jedmannis@charter.net; www.theoutdoorchurch.net.

Victory Programs, Inc.
www.vpi.org. Short and long-term residential substance use
disorder treatment programs for individuals and families;
affordable housing opportunities for eligible individuals;
HIV / AIDS case management. Sites throughout Boston
Please call for more information. (617) 541-0222 ext. 626

Legal Aid:
Lawyers Clearinghouse, 617-723-0885
Shelter Legal Services (Newton), 617-965-0449

The Homeless Eyecare Network of Boston (HEN-Boston) is a nonprofit organization dedicated to maintaining a constantly undated network of affordable and free eyecare services for the homeless. If you need an eye exam or glasses, please visit our website, www.hen-boston.org.

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to
SCN

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Street _____

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☐ My check or money order for \$60 made payable to Spare Change News is enclosed.

Mail to: *Spare Change News* 1151 Massachusetts Avenue, Cambridge, MA 02138

Happy New Year Worldwide!

Match the languages with their holiday greetings.

Arabic ____

Bengali ____

Chinese ____

Dutch ____

French ____

German ____

Greek ____

Hawaiian ____

Hebrew ____

Indonesian ____

Italian ____

Japanese ____

Latin ____

Nigerian ____

Norwegian ____

Polish ____

Spanish ____

Swahili ____

Vietnamese ____

Welsh ____

a. Blwyddyn Newydd Dda

b. Gelukkig nieuwjaar

c. Bonne année

d. Shana Tova

e. Buon anno

f. Barka da sabuwar shekara

g. Felix sit annus novus

h. Hauoli Makahiki hou

i. Ein glückliches neues Jahr

j. Kul `am wa antum bikhair

k. Akemashite Omedetou Gozaimasu

l. Heri za Mwaka Mpya

m. Szczesliwego Nowego Roku

n. Chuc mung nam moi

o. Feliz año nuevo

p. Godt Nytt År

q. Shuvo noboborsho

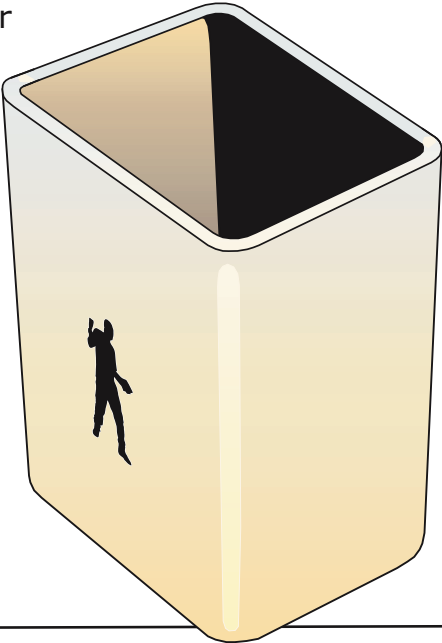
r. Eutychismenos o kainourgios chronos

s. Xin nian yu kuai

t. Selamat Tahun Baru

Hardly Working

Editorial says the container is more than half full of water; and those in administration say it's less than half empty. Without any means of measuring, show them how to prove it's more or less than exactly half full.



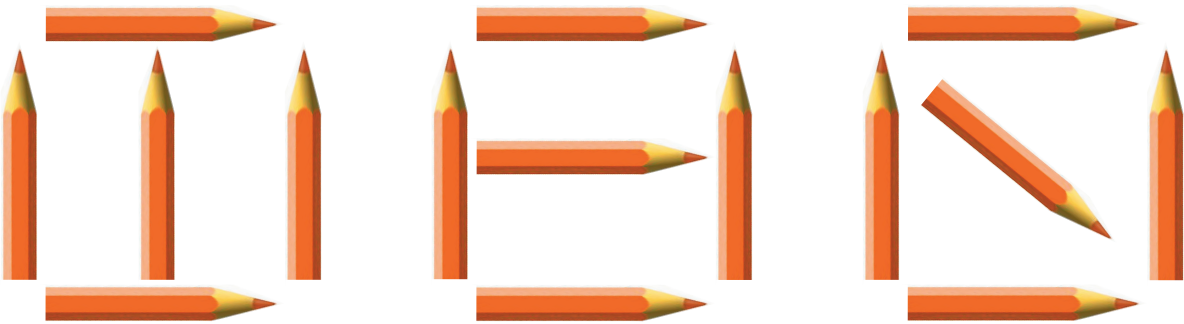
Sudoku

	3		7			2		4
		6		3	2			
2	5				9		8	1
5	1					9		6
			5		3			
7	2	9					5	3
3			4				1	9
			9	8		4		
4		1			6		7	

Fill in the grid so that each row, column and 3x3 box contains every number from 1 to 9.

To the Point

Subtract six pencils to make ten.



Solutions to last issue's puzzles

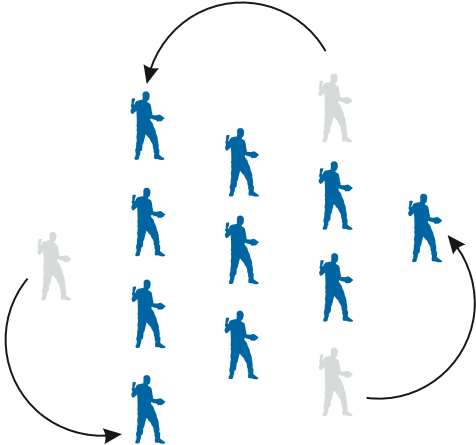
- A.** Major League Baseball
Major League Soccer
Nat'l Basketball Assn
Nat'l Football League
Nat'l Hockey League

B. LA Angels of Anaheim
LA Dodgers
Oakland Athletics
San Francisco Giants
San Diego Padres

D. Cardinals – Arizona, St. Louis
Giants – NY, San Francisco
Kings – Sacramento, LA
Panthers – Carolina, Florida
Rangers – NY, Texas
- C.** Phoenix Mercury
Indiana Fever
Seattle Storm
Atlanta Dream
Detroit Shock

E. Boston Red Sox
Cincinnati Reds
Detroit Red Wings
NY Red Bulls
Washington Redskins

X	M	A	S
M	A	R	T
A	R	E	A
S	T	A	R



5	2	6	9	4	7	8	1	3
4	9	2	1	6	3	2	7	5
1	7	3	8	5	2	9	6	4
9	6	1	2	3	4	5	8	7
3	5	4	7	1	8	6	2	9
2	8	7	6	9	5	3	4	1
8	4	9	3	7	6	1	5	2
6	1	5	4	2	9	7	3	8
7	3	2	5	8	1	4	9	6



The future is in your hands

Every day, 110 street papers like this one help homeless people worldwide to escape poverty. So far, thanks to millions of readers like you, 200,000 vendors in 40 countries have earned a living and changed their lives.

Learn more and get involved at www.street-papers.org/2010



International
Network of
Street
Papers



WE ARE VISIBLE

SIGN UP SPEAK OUT BE SEEN
HELPING YOU CONNECT TO THE SOCIAL WORLD

@Project5050 says:

So often, elements of development work to silence the minorities in our communities. Be it poverty, oppression, circumstance, or decision, I want to know... It's time to pull the tape off the mouths of those who truly understand struggle in America, and hand them the microphone of social media.

@gregstaffa says:

I believe social media is a good tool for someone who is homeless because in many ways it gives them a voice. I can Twitter about a product that I did not like and often a company rep will write back. Unless you put it on there places like Twitter and Facebook don't care who you are. I've made friends on facebook and Twitter based on my own writings or tweets and months would go by before they realized I was homeless.

WWW.WEAREVISIBLE.COM

TWITTER: [@WEAREVISIBLE](#) FACEBOOK: [FACEBOOK.COM/WEAREVISIBLE](#)

ALSO FOLLOW:

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[@lostawareness](#)

[@alleycat22469](#)
[@beckyblanton](#)

[@padschicago](#)
[@TCManWalking](#)

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\$2 OFF

with each **SCN T-shirt** purchase when you mail in your check or money order and this coupon to:

HEP/Spare Change News
1151 Massachusetts Avenue
Cambridge, MA 02138

\$8.00 is your cost per item with this coupon.
Colors are White and Blue.
Offer expires December 31, 2010.



\$1 OFF

with each **SCN Calendar** purchase when you mail in your check or money order and this coupon to:

HEP/Spare Change News
1151 Massachusetts Avenue
Cambridge, MA 02138

\$6.00 is your cost per item with this coupon.
Offer expires December 31, 2010.



And When You Share, It Shows You Care.